

HOWARD COUNTY OFFICE ON AGING

Programs and Services for Older Adults, Persons with Disabilities, Families and Caregivers



Office on Aging
Howard County
Department of Citizen Services



Howard County
MARYLAND ACCESS POINT
YOUR LINK TO HEALTH & SUPPORT SERVICES

(410) 313-5980 • (800) 506-5806 • (410) 313-5927 TTY
www.howardcountymd.gov • map@howardcountymd.gov

A Message from the Office on Aging Administrator

It is my great pleasure to introduce you to the Howard County Office on Aging Programs & Services for Older Adults, Persons with Disabilities, Families and Caregivers. This handy and concise brochure provides information regarding access to our programs and services that can help improve, sustain, ameliorate or enhance the quality of your life in Howard County.

The pamphlet was created in response to your needs. Using this brochure will help you with a variety of opportunities and resources to help you find what you need. If you have questions, contact the Office on Aging's Maryland Access Point (MAP) created to provide information, referral and assistance. MAP can be reached by the following:

Telephone: 410-313-5980
1-800-506-5806
TTY: 410-313-5927
map@howardcountymd.gov

Warmest regards,



Sue Vaeth
Office on Aging Administrator,
Department of Citizen Services



This brochure can be reproduced in alternative formats.
Call Joyce Lehrer at ADA/Disability Services:
410-313-6431; TTY: 410-313-6401; jlehrer@howardcountymd.gov

Published: May 2008

The Mission of the Howard County Office of Aging

is to promote a full, dignified life for older people in Howard County, encouraging their involvement in all aspects of life and recognizing them as a vital force in the community. We seek to enrich the lives of older people across their life span, whether they live independently in the community, require assistance or are residents of long-term care facilities.

Howard County Department of Citizen Services

Our Mission: Enhance the quality of life for all residents by ensuring that Howard County has a comprehensive system of human services that is accessible, responsive and effective.

Our Vision: A community where people at every stage of life have access to and benefit from innovative, high-quality human services that support and improve their well-being.

Our Goals: Ensure that Howard County is continually prepared to meet its human service needs; Lead a coordinated, countywide effort to implement the Human Services Master Plan; Provide services that are responsive to changing community needs, culturally sensitive, and proven to be effective; enable residents to make informed decisions when choosing products and services; and strengthen the Department's organizational effectiveness.

A Message from the Office on Aging Administrator

The Howard County
Office on Aging 1

Commissions.....1

The Commission
on Aging 1

The Commission on
Disabilities Issues 1

Services & Programs..2

*Contact Maryland Access
Point of Howard County
(MAP) for information about
the programs listed below at
410-313-5980, 800-506-5806,
TTY: 410-313-5927.*

Maryland Access
Point of Howard
County (MAP) 2

Adult Evaluation and
Review (AERS) 3

Aging in Place/
Fall Prevention 3

Alzheimer's
Support Group 3

Assisted Living
Facilities/Subsidy 3

Caregiver Support 4

Home Delivered Meals .. 4

Home Modification
Repair Program 4

Income Tax Preparation.. 4

Legal Services 4

Limited English Pro-
ficiency (LEP) Access 4

Loan Closet of HC 5

Medicaid Waiver for
Older Adults 5

Ombudsman 5

Pets on Wheels 5

Public Guardianship 5

Senior Care 6

Senior Health
Insurance Assistance
Program (SHIP) 6

Senior Medicare
Patrol (SMP) 6

Senior Peer Resources:
Individuals, Networks
& Groups (SPRING) 6

Volunteer Services 6

Health & Wellness.....7

Senior Centers & Senior Center Plus Programs.....8

Senior Center
Locations 11

Senior Center Plus
Locations 12

Senior Centers &
Senior Centers Plus
Map Locations 13-14

Public Education..... 15

Senior Connection, The
Newspaper 15

Resource Guide 15

Presentations &
Publications 16

Annual Events 16

Emergency
Preparedness 19

Howard County Office on Aging

6751 Columbia Gateway Drive, 2nd Floor
Columbia, MD 21046
410-313-5980

Maryland Relay 711
TTY: 410-313-5927
Fax: 410-313-5970

The Office on Aging is a division of the Howard County Department of Citizen Services, and is the principal agency that plans, advocates, develops and coordinates programs and services for seniors and their family members.

Programs and activities of the Howard County Office on Aging are open to all people regardless of race, creed or national origin.

For the latest news about Howard County's services for seniors, visit the Howard County Government at: www.howardcountymd.gov/citizenservices.

The Commission on Aging

410-313-6410

The Commission on Aging works on behalf of seniors

in Howard County and advises the Office on Aging. The Commission meets at 7 p.m., the fourth Monday of each month at the Ellicott City Senior Center.

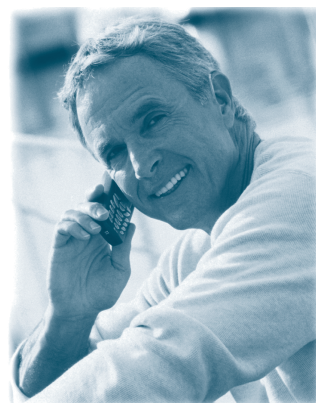
The Commission on Disabilities

410-313-6431

TTY: 410-313-6401
Fax: 410-313-6424
JLehrer@howardcountymd.gov

The Department of Citizen Services Commission on Disability Issues is represented by people with disabilities, service providers, family members of people with disabilities and the community at large.

This voluntary citizen group advises county government on issues affecting people



with disabilities. The committee also provides guidance and recommendations on Americans with Disabilities Act (ADA) compliance to county government.

Commissions on Disability Issues meetings are held on the third Monday of the month, 6:30 pm to 8:30 pm.

Maryland Access Point of Howard County (MAP)

6751 Columbia Gateway Drive, 2nd Floor
Columbia, MD 21046
410-313-5980

1-800-506-5806

Maryland Relay 711
TTY: 410-313-5927
Fax: 410-313-5970
map@howardcountymd.gov
www.horizonhelp.org
(Resources available through searchable data base)
www.howardcountymd.gov

MAP, a program of the Office on Aging, provides information and assistance to people over the age of 50, persons with disabilities 18 and older, families and caregivers who are looking for services to assist individ-

uals to remain in the community and lead full lives. Information and assistance are available to individuals of all income levels in need of services that help them remain independent, or persons wanting to plan for the future.

You may call for help to plan your long term future, fill out forms, obtain equipment and apply for benefits and services provided through local, state and federal government and charitable programs. Home visits are available for those who are homebound. Counseling services are confidential and free of charge. Information and assistance available on topics such as:

- Community Services
- Education
- Financial Planning
- Fitness
- Grandparenting and its Alternatives
- Guardianships
- Health
- Health & Long-term Care Insurance
- Home Care

- Home Repair
- Housing
- Legal Services
- Leisure Time
- Limited English Proficiency (LEP) Access
- Loan Closet
- Long-Term Care
- Insurance
- Notary Services
- Ombudsman
- Respite Services
- Social Security
- Support Services
- Transportation
- Volunteer Opportunities
- and more

Adult Evaluation and Review Services (AERS)

Part of Howard County Health Department, AERS professionals, Registered Nurses & Social Workers, provide screening, in-depth consultation, and comprehensive assessment.

Aging in Place/Fall Prevention

Licensed occupational therapists help seniors at high risk for falls by providing consultation, referrals



and recommendations for home modifications.

Alzheimer's Support Group

This support group assists families caring for a relative with dementia.

Assisted Living Facilities/Subsidy

State-licensed assisted living facilities provide supportive housing for frail elderly and persons with disabilities who can no longer live alone and need assistance and supervision with meals, housekeeping, personal care, and medication management to allow older persons to stay in home-like settings as long as possible. Financial assistance for cost in the 4-16 bed facilities may be available to income-eligible seniors.

Caregiver Support

This program provides support for respite care and other related needs. Public education, caregiver training and materials are available.

Home Delivered Meals

410-730-9476

This non-profit organization provides nutritious meals to homebound individuals throughout Howard County. Fees are based on a sliding scale.



Home Modification Repair Program

No-cost or low-cost home modifications that enable seniors and disabled persons to remain in their homes is available to eligible individuals as funding allows.

Income Tax Preparation

410-313-7213

AARP and IRS-trained counselors can help you complete your tax returns.



Free Legal Services

Legal services to the elderly with a private attorney may be available for low-income, frail, minority and disabled persons. Areas of assistance include Social Security, Medical Assistance, landlord-tenant problems, abuse, protective service and other needs.

60 Plus Wills & Legal Screening

Volunteer attorneys, scheduled monthly at various Senior Centers, provide legal screening and prepare Wills and Powers of Attorney. Legal screening is free; there is a fee for Wills and Powers of Attorney.

Limited English Proficiency (LEP) Access

Provides access to public services to individuals who have a limited ability to read, speak, write or understand English. Standardized procedures have been developed to ensure that interpretation (oral) and translation (written) services are available to Howard County residents with Limited English Proficiency.

Loan Closet of Howard County

410-740-1643

Provides temporary loan of medical equipment to Howard County residents. Provided by Way Station, Inc., the Columbia Rotary Club and the Howard County Office on Aging.

Medicaid Waiver for Older Adults

This program funds services in the community and in assisted living, such as personal care, respite care, home modification and other essential assistance. People served are financially eligible with medical needs that would qualify them for nursing home services.

Ombudsman

410-313-6423

This program advocates for residents of nursing homes and assisted living facilities, and investigates and seeks to resolve problems or complaints. This service addresses a resident's health, care, safety, welfare and rights.

Pets on Wheels

410-313-7461

Pets and their owners visit residents of nursing homes, assisted living facilities, retirement communities and adult day care centers, and seniors who are homebound.



Public Guardianship

Provides case management services to anyone 65 or older declared incompetent by the court, having no relatives or friends willing or able to serve as guardian.

Senior Care

Provides limited services for seniors 65 plus who require assistance to remain at home. Support includes comprehensive needs assessment and case management to coordinate services needed by eligible persons.

Senior Health Insurance Assistance Program (SHIP)

410-313-7392, TTY: 711
ship@howardcountymd.gov; map@howardcountymd.gov

Trained staff and volunteers offer information and counseling services to all Medicare beneficiaries, regardless of age, as well as seniors age 60-up and people with disabilities age 55-up. Home visits are available for those who are homebound. SHIP counseling services are confidential and free of charge.

This program provides assistance in the following areas:

- Understanding Medicare and/or supplements to Medicare;
- Finding prescription drug resources;
- Organizing and/or resolving problems with medical claims and health insurance statements;
- Filing appeals on health insurance decisions;

referral to legal services when necessary;

- Understanding long-term care insurance

Senior Medicare Patrol (SMP)

410-313-7466

This special project focuses on educating seniors and their families about Medicare and Medicaid fraud and abuse and how to stop them.

Senior Peer Resources: Individuals, Networks & Groups (SPRING)

SPRING is a peer support membership program. Social activities include speakers, workshops, bi-monthly luncheons and an annual get-away weekend of positive fun. Confidential, weekly support groups provide opportunities to meet others with similar needs and find help and companionship through caring and sharing experiences. SPRING trains seniors as facilitators to lead groups addressing concerns such as:

- Diabetes and Other Health Issues

Unless telephone number is listed, please call Maryland Access Point (MAP) at 410-313-5980, 800-506-5806, TTY: 410-313-5927

- Low Vision
- Hearing Education
- Bereavement
- Life Transitions
- Creativity
- Personal Motivation
- Self-Improvement
- Socialization/
Networking
- Intellectual Stimulation
- Decorating for Spring
events

part of a group or committee working on a neighborhood problem or serve lunch. Call the volunteer coordinator to match your interests with widely varied volunteer opportunities.

Volunteer Services

As an Office on Aging volunteer, your time and talents go a long way. You can lead a program, help in the office or at a special event, assist homebound seniors, be a



Together with the Office on Aging's Senior Center and Senior Center Plus programs, we can provide you with the means to a vibrant life at every age. Our focus is to offer a variety of programs and opportunities that represent best practices with evidence-based proven outcomes. Discover new and healthy ways to become fully engaged in life. Participate in a Living Well workshop series. Volunteer. Experience the Arts. Enrich your life through intergenerational opportunities. Learn about good nutrition. Participate in health education seminars. Join a peer support group. Maintain your health with preventive screenings. Take charge of your life with lifestyle counseling.



Our Senior Centers

There are eight senior centers located throughout Howard County that serve as community hubs for recreational, educational, and social activities for older adults. We offer a variety of activities to entice just about everyone. Whether it is expressing yourself through the arts, discussing today's political issues, exercising and keeping fit or just keeping sharp by playing bridge, all of this and more happens in our county senior centers.

Something for Everyone

Redefine your retirement through our centers' offerings. Learn how to use the latest computer software. Take a self-improvement class. Paint a picture. Make jewelry. Have a massage. Get centered in a yoga class. Enjoy a nutritious lunch in the company of friends. Work out at the Glenwood Fitness Center. Travel with us. Obtain resource information about issues related to caregiving, aging in place, health insurance and much, much more. Up to date

schedules of programs and classes are listed in the centers' newsletters.

Our Programs

Special and county-wide events are planned throughout the year and include musical series and intergenerational programs. Informal games such as pool, ping pong and cards are also available. Check out these offerings at our centers:

- Exercise/Fitness & Sports
- Creative & Expressive Arts
- Civic Engagement & Volunteer Opportunities
- Cards & Games
- Educational & Lifelong Learning Classes
- Health Screenings
- Intergenerational Events
- Parties & Dances
- Support Groups & Workshops
- Travel

Become a Member

Everyone participating in our centers must complete a simple registration form to

become a member. Come in, tour the centers, meet our dedicated staff, volunteers and friendly members, and join us for terrific classes and fantastic events! Membership does have its privileges and it gives you priority registration for classes and programs. While membership registration is free, there are modest fees for some classes, programs and events. The lunch program also requires registration, and a suggested donation is requested for those 60 and over.

Each center plans its own activities, so offerings vary at each site. Check with the center for upcoming events. For additional information about Senior Centers, please visit the Howard County Government home page at www.howardcountymd.gov and locate the Department of Citizen Services link then the Office on Aging link.

Our Senior Center Plus Program is a highly affordable alternative for daytime care for seniors who are functionally limited and may be at risk of institutionaliza-

tion. We support the independence of older adults with disabilities living in the community, and provide respite to their caregivers. Our Senior Center Plus programs are staffed by Licensed and Certified Occupational Therapy Assistants and are certified by the Maryland Department of Aging.

A Plan of Care is developed for each participant and includes therapeutic goals and objectives, which become the basis for the daily activities. There is a daily program fee. Some participants may be financially eligible for a reduced rate which is determined on a sliding scale basis. Transportation is available through Howard Transit para-transit or ADA service to certified riders for a modest fee.

Plus programs are available at Ellicott City, Glenwood and Owen Brown Place in Columbia.

Unless telephone number is listed, please call Maryland Access Point (MAP) at 410-313-5980, 800-506-5806, TTY: 410-313-5927

Senior Center Locations

Bain Center

410-313-7213

5470 Ruth Keeton Way
Columbia, MD 21044
baincenter@howardcountymd.gov
Fax: 410-313-7465

East Columbia Senior Center

410-313-7680

6600 Cradlerock Way
Columbia, MD 21045
eastcolumbiasc@howardcountymd.gov
Fax: 410-313-7688

Elkridge Senior Center

410-313-5192

6540 Washington Blvd
Elkridge, MD 21075
elkridgesc@howardcountymd.gov
Fax: 410-313-4929

Ellicott City Senior Center

410-313-1400

9401 Frederick Road
Ellicott City, MD 21042
ellicottcitysc@howardcountymd.gov
Fax: 410-313-1407

Glenwood Senior Center

410-313-5440

2400 Route 97
Cooksville, MD 21723
glenwoodsc@howardcountymd.gov
Fax: 410-313-4846

Guilford Senior Center

410-880-5862

9950 Guilford Road
Jessup, MD 20794
guilfordsc@howardcountymd.gov
Fax: 410-880-5865

Longwood Senior Center

410-313-7217

6150 Foreland Garth
Columbia, MD 21045
longwoodsc@howardcountymd.gov
Fax: 410-313-7262

Savage Senior Center

410-880-5915

9525 Durness Lane
Laurel, MD 20723
savagesc@howardcountymd.gov
Fax: 410-880-5918

Senior Center Plus Locations

Older persons who have special needs because of a disability can benefit from this fee-for-service day program at three senior centers:

Ellicott City Senior Center Plus

410-313-1425

9401 Frederick Road
Ellicott City, MD 21042
ellicottcityplus@howardcountymd.gov
Fax: 410-313-1410

Glenwood Senior Center Plus

410-313-5442

2400 Route 97
Cooksville, MD 21723
glenwoodplus@howardcountymd.gov
Fax: 410-313-5445

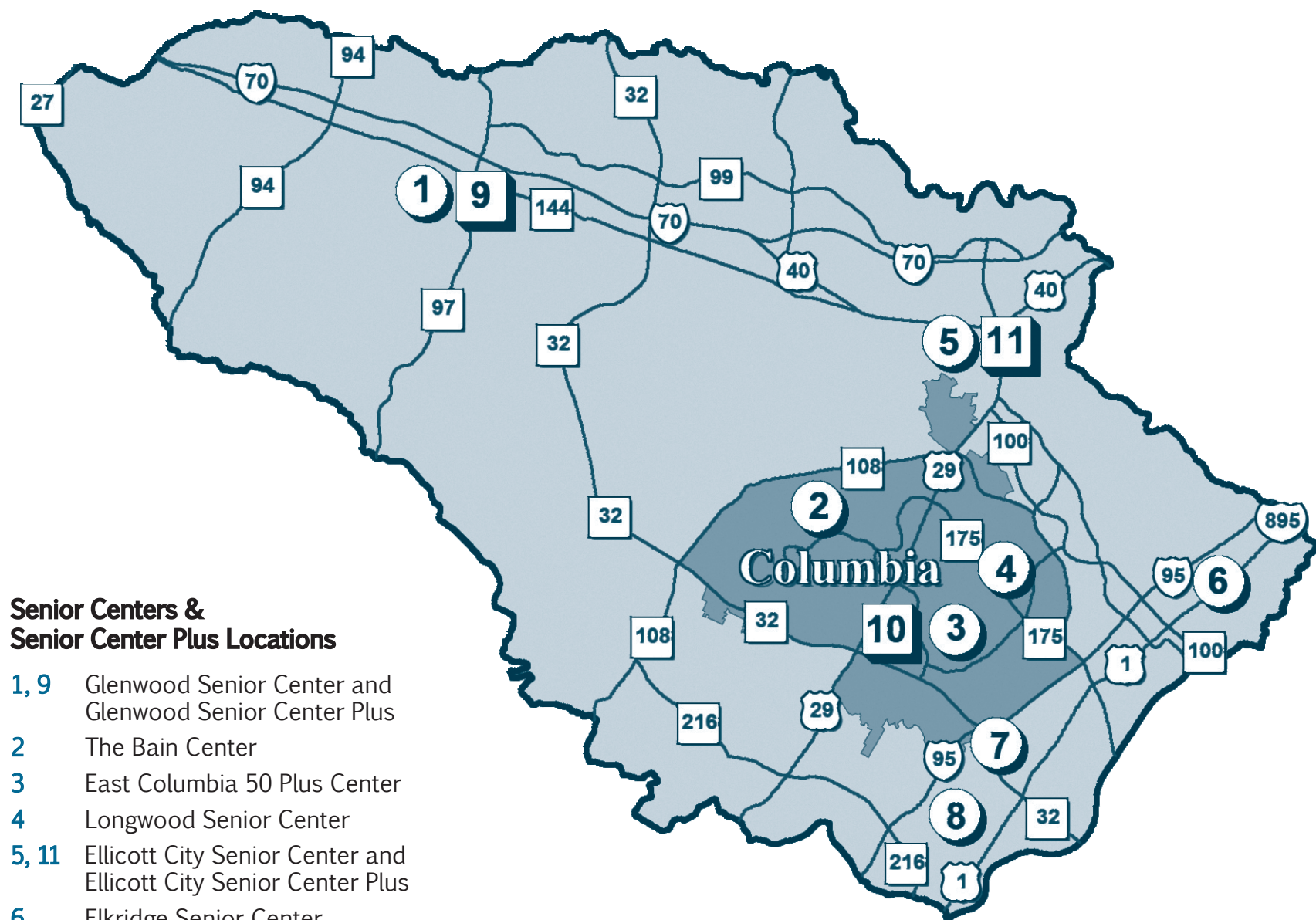
Owen Brown Senior Center Plus

410-313-7218

7080 Cradlerock Way
Columbia, MD 21045
owenbrownplus@howardcountymd.gov
Fax: 410-313-7679



Unless telephone number is listed, please call Maryland Access Point (MAP) at 410-313-5980, 800-506-5806, TTY: 410-313-5927



The Senior Connection Newspaper

410-313-6531

seniorconnection@howardcountymd.gov

Published monthly, each issue of this Office on Aging publication brings the latest information about services and events of interest to older adults. Also included is Leisure Times, a guide to senior leisure activities sponsored by the county's Department of Recreation and Parks.

The newspaper is distributed free at county senior centers, libraries, offices, senior complexes and other locations as an insert inside the community newspaper, Generations. Subscriptions are available by calling 410-461-9454; or

Email: info@generationsnewspaper.com. For more information, visit the website at www.Generationsnewspaper.com. The Senior Connection is on the Howard County Website at: www.howardcountymd.gov.

Resource Guide

410-313-6448

This comprehensive yearly publication provides information about businesses and organizations that serve older adults and their families, caregivers and persons with disabilities in the county. Copies are available at different locations (i.e. Senior Centers, libraries, Village Centers, Howard County General Hospital), or by calling the Office on Aging.



Presentations & Publications

410-313-6560

Presentations and publications regarding services, programs and benefits are available upon request.

Office on Aging Publications

- Annual Resource Guide
- The Senior Connection Newspaper (available on the website: www.howardcountymd.gov)

Ask About our Annual Events

- 50+EXPO (3rd Friday in October)
- Health Fairs
- National Caregiver Month Activities (November)
- Older Americans Month Celebrations (May)
- Thanksgiving Dinner



Alzheimer's Support Group.....	3	Home Modification Repair Program.....	4
Caregiver Support.....	4	60 Plus Will and Legal Screening.....	4
Commission on Aging.....	1	Limited English Proficiency (LEP).....	4
Commission on Disabilities.....	1	Medicaid Waiver for Older Adults.....	5
Free Legal Services to the Elderly.....	4	Ombudsman.....	5
Health & Wellness.....	8	Public Guardianship.....	5
Home Delivered Meals.....	4	Senior Care.....	5
Howard County Office on Aging (Description).....	1	Senior Health Insurance Program (SHIP).....	6
Howard County Senior Center Locations.....	11	Senior Medicare Patrol (SMP).....	6
Howard County Senior Center Plus Locations.....	12	Pets on Wheels.....	5
Howard County Center & Senior Center Plus Location Map.....	13-14	Presentations & Publications.....	16
Income Tax Preparation.....	4	Resource Guide.....	15
Loan Closet of Howard County.....	5	Senior Centers & Senior Center Plus Program.....	9-10
Maryland Access Point of Howard County (MAP).....	2	Senior Connection Newspaper (An insert in Generation Newspaper).....	15
Adult Evaluation and Review Services (AERS).....	3	Senior Peer Resources: Individuals, Networks & Groups (SPRING).....	6
Aging in Place/Fall Prevention.....	3	Services & Programs.....	2-7
Assisted Living Facilities.....	3	Annual Events.....	16
		Volunteer Plus Services.....	7

Medicaid Waiver for Older Adults...	410-313-5980
Office on Aging.....	410-313-6410
Ombudsman...	410-313-5980
Pets on Wheels.....	410-313-7461
Public Education.....	410-313-6560
Public Guardianship..	410-313-1431
Relatives as Parents.....	410-313-1431
Resource Guide.....	410-313-5980
Senior Care.....	410-313-5980
The Senior Connection Newspaper.....	410-313-6531
Senior Health Insurance Assistance Program (SHIP).....	410-313-7392
Senior Medicare Patrol.....	410-313-7392
Senior Peer Resources; Individuals, Network & Groups (SPRING).....	410-313-5980
Volunteer Plus Services...	410-313-1417

Unless telephone number is listed, please call Maryland Access Point (MAP) at 410-313-5980, 800-506-5806, TTY: 410-313-5927

EMERGENCY PREPAREDNESS: TAKE TIME TO PLAN AND PREPARE WITH YOUR FAMILY

Disaster can strike quickly and without warning. Consider the various scenarios that could disrupt your daily life, affecting electricity, water, heat, air conditioning, telephone service and transportation. Simple actions that you can take to prepare are to develop an Emergency Plan and an Emergency Supply Kit are as follows:

Create an Emergency Plan

1. Post emergency phone numbers by all telephones. Teach children how to dial 911 and to make long distance calls.
2. Ensure that all adults in the home know how to turn off the water, gas and electricity at main switches. Do not attempt to restore gas service yourself; call BGE.
3. Draw a floor plan of your home and mark two escape routes from each room.
4. Pick a friend or relative for family members to call and report where they are if separated (an out-of-state contact is best in case local phone service is affected).
5. Pick two meeting places, one near your home and one outside your neighborhood in case you cannot go home after the emergency.
6. Keep family records in a water and fireproof safe. Inexpensive models can be purchased at most hardware stores.
7. Take a basic First Aid and CPR course.
8. Make plans for your pets, since pets are not permitted in shelters or some hotels.
9. Plan how to care for family members who may need assistance such as relatives with disabilities or those who are elderly.
10. Conduct a home hazard hunt to remove, repair, or brace anything that can move, fall, break or cause a fire in a disaster.

Prepare an Emergency Supply Kit

Most emergency planning experts suggest having enough supplies to last you and your family for three to five days. Keep the items that you would most likely need in one easy-to-carry container such as a plastic storage bin, backpack or duffel bag. Store it in a convenient place in your home and put a smaller version in your car. Check your supplies and re-think your needs every 6 months.

- Water – store a supply of water (one gallon per person per day) in sealed, unbreakable containers. Keep in a cool, dark place with the date labeled on the container. Replace every 6 months.
- Food – store at least a three-day supply of non-perishable foods that do not require refrigeration, cooking, a lot of water or a lengthy preparation. Such items might include ready-to-eat canned meats, fruits and vegetables; canned or boxed juices; high-energy foods like peanut butter, jelly, crackers, granola bars and trail mix; vitamins; food for infants or persons on special diets; cookies; hard candy; instant coffee; sweetened cereals; and bulk food items such as wheat, powdered milk, corn and soybeans that can be stored for long periods of time.
- First aid kit – include sterile gauze and adhesive pads in assorted sizes; sterile, non-allergic adhesive tape; scissors; tweezers; needle; thermometer; moistened towelettes; antiseptic ointment; tube of petroleum jelly or other lubricant; safety pins; soap or hand sanitizer; disposable gloves; sunscreen.
- Over-the-counter medications – aspirin and aspirin-free pain medicine, anti-diarrhea medications, laxatives, antacids, Syrup of Ipecac to cause vomiting as advised; activated charcoal (in case of poisoning).
- Clothes and bedding – assemble one or two complete changes of clothing, rain gear and sturdy shoes, blankets or sleeping bags, hat and gloves, thermal underwear, and sunglasses.
- Tools and supplies – battery-powered radio; flashlight; extra batteries; plastic ware and paper goods; manual can opener and utility knife; pliers; wrench for shut-off valve on gas and water; carbon monoxide and smoke detectors; small ABC fire extinguisher; personal tent;

Unless telephone number is listed, please call Maryland Access Point (MAP) at 410-313-5980, 800-506-5806, TTY: 410-313-5927

waterproof matches; plastic storage containers; signal flares; whistle; paper and pencil; needle and thread; plastic sheeting; and a local map.

- Sanitation supplies – toilet paper, soap liquid detergent, plastic garbage bags with ties, a plastic bucket with lid, disinfectant and household chlorine bleach.

Don't Forget to Include Pets in Your Plan

Emergency planning should include all members of the family, including pets. If you must relocate to a shelter, your pets will not be allowed. Try to locate a friend, a relative, or a kennel outside your immediate area that can keep your animal. Put together a basic disaster kit for your pets, in case you must leave home quickly and leave your pet at a safe location.

Recommended items include:

- A pet carrier for each animal large enough for your pet to stand, turn, and lie down
- ID photo, vaccination and medical records, and licenses
- A leash/muzzle, water and medications
- Pet food (for dogs a low protein formula will produce less stool, a benefit when the dog is kept indoors)
- Disposable bowls and a manual can opener
- Cleaning supplies – trash bags, bleach (for disinfectant), towels, paper towels, and other waste disposal supplies

MAKE A PLAN

If a disaster should occur, call your out-of-state contact, it is often easier to call long distance.

A specific plan should be created for children in child care or school, older adults, and other immediate family members who need special assistance.

For additional information, please see the Howard County Website; at www.co.ho.md.us/DOA/DOA_PIO_Preparedness.htm

The following types of information might be helpful in an emergency. Use this as a guide for making your own plan.

Name _____

Address _____

Phone _____

Cell Phone _____

Birth Date _____

LOCAL CONTACT

Name _____

Relationship _____

Address _____

Phone _____

Cell Phone _____

OUT-OF-STATE CONTACT

Name _____

Relationship _____

Address _____

Phone _____

Cell Phone _____

NEAREST RELATIVE

Name _____

Relationship _____

Address _____

Phone _____

Cell Phone _____

PETS CARED FOR BY

Name _____

Address _____

Phone _____

Cell Phone _____

MEETING PLACES

Outside your home _____

Outside your neighborhood _____



Office on Aging

Howard County
Department of Citizen Services



Howard County

MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES

(410) 313-5980 · (800) 506-5806

www.howardcountymd.gov · map@howardcountymd.gov